

Marriage Assessment

1. What is currently hindering good communication in your relationship?
2. How can you remove that roadblock in order to promote better communication?
3. Are you using uplifting and encouraging words when you communicate with your spouse?
4. Are you thanking God for your spouse on a consistent basis?
5. Are you consistently thanking your spouse for the things they do for you and your family?
6. Are you connecting intimately
 - a) Spiritually
 - b) Intellectually
 - c) Emotionally
 - d) Sexually?
7. How can you improve your intimacy in these areas (if necessary) or maintain your current levels?
8. Sex can be a good barometer for measuring your intimacy as a couple. How is your sex life? Where can it improve?
9. Read 1 Corinthians 7:3-5. Are you following God's instruction?
10. Read Philippians 2:3-4 & Galatians 5:13. Are you serving your spouse in love or serving yourself?
11. What selfish desires do you need to set aside to be a better servant to your spouse?
12. When is the last time your spouse felt appreciated by you?
13. How often would your spouse like appreciation to be shown to them?
14. Are you showing appreciation for your spouse by actively pursuing them?
15. Do you have something you need to forgive your spouse?
16. Is there something for which you need to ask forgiveness?
17. Are you and your spouse on the same mission when it comes to
 - a) Your relationship with God
 - b) Your relationship with each other
 - c) Raising your children
 - d) Reaching the lost?
18. In what ways can you expand your circle of influence in order to expand your mission field?